

DECEMBER 2025

The Arbors At ISLANDIA EAST SAFECARE

Tel: 631-232-3131
www.thearborsassistedliving.com

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 MARIA MENITTI MUSIC THERAPY 9:30 YOU BE THE JUDGE W/NS/N LR 10:00 FITNESS FUN & HYDRATE W/NS/N LR 10:30 GUESSING GAME W/NS/N LR 11:00 SIMON SAYS W/NS/N LR 1:15 MARIA MENITTI MUSIC THERAPY VEN LR 2:00 HANGMAN W/NS/N LR 2:30 CHEER FITNESS W/NS/N LR 3:00 HAPPY HOUR BUFFALO CHICKEN DIP WITH TORTILLAS W/NS/N DR 4:00 DICE GAMES W/NS/N LR 6:00 CLASSICAL MUSIC RS LR	2 9:30 CHAT SESSION W/R/T LR 10:00 EXERCISE & REFRESH W/R/T LR 10:30 CLUE TRIVIA W/R/T LR 11:00 BOWLING W/R/T LR 1:15 A-Z COLORS W/R/T LR 2:00 HOLIDAY SING A LONG W/R/T LR 2:30 FLOWER ARRANGING W/R/T LR 3:00 HAPPY HOUR MOZZARELLA STICKS W/R/T DR 4:00 BINGO W/R/T LR 6:00 MUSIC OF THE 60'S RS LR	3 TRIP SCENIC DRIVE 9:30 TABLE TALK T/I/N LR 10:00 MOVE TO THE BEAT & HYDRATION STATION T/I/N LR 10:30 SHORT STORIES T/I/N LR 11:00 BALLOON TAP T/I/N LR 1:15 TRIP SCENIC DRIVE A/T O 1:15 TRIVIA TEASERS I/N LR 2:00 CRAYON CREATIONS I/N LR 2:30 MOVEMENT TO MUSIC I/N LR 3:00 HAPPY HOUR ROOTBEER FLOATS I/N DR 4:00 DICE GAMES T/I/N LR 6:00 SOOTHING MELODIES RS LR	4 HOLIDAY CHARADES 9:30 PICTURE BOOKS DD/R/N LR 10:00 STRETCHING & REFRESHING DD/R/N LR 10:30 FACT OR FICTION DD/R/N LR 11:00 BASKETBALL SHOOTOUT DD/R/N LR 1:15 HOLIDAY STORIES VEN LR 2:00 DICE GAMES DD/R/N LR 2:30 HOLIDAY CHARADES DD/R/N LR 3:00 HAPPY HOUR DONUT HOLES DD/R/N DR 4:00 BINGO DD/R/N LR 6:00 GOLDEN OLDIES RS LR	5 9:30 FACES OF HOLLYWOOD W/DD/N LR 10:00 FITNESS FUN & HYDRATION W/DD/N LR 10:30 SHORT STORIES W/DD/N LR 11:00 SEEK & FIND W/DD/N LR 1:15 KARAOKE W/DD/N LR 2:00 NOODLE TENNIS W/DD/N LR 2:30 NAME 10 W/DD/N LR 3:00 HAPPY HOUR FRESH FRUIT W/DD/N DR 4:00 DICE GAMES W/DD/N LR 6:00 MUSIC STYLINGS OF DOLLY PARTON RS LR	6 9:30 TRIVIA TEASERS W/RS LR 10:00 EXERCISE & HYDRATE W/RS LR 10:30 SCATERGORIES W/RS LR 11:00 DRUMMING W/RS LR 1:15 HOOP TOSS W/RS LR 2:00 NAME THAT SOUND W/RS LR 2:30 JUMBO GAMES W/RS LR 3:00 HAPPY HOUR DORITOS W/RS DR 4:00 BINGO W/RS LR 6:00 MUSICAL SENSATIONS RS LR
7 CUB SCOUT CRAFTS CAROLING & COCOA AL 9:30 SIT AND TALK IC/N LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/N LR 10:00 TABLE GAMES IC/N LR 10:30 MOVE TO THE BEAT & HYDRATE IC/N LR 11:00 NOODLE TAP IC/N LR 1:15 WORD SCRAMBLE IC/N/K LR 1:30 CUB SCOUT CRAFTS CAROLING & COCOA AL VEN ELO 2:00 BOWLING IC/N/K LR 2:30 A-Z SANDWICHES IC/N/K LR 3:00 HAPPY HOUR SUNDAES IC/N/K D 4:00 DICE GAMES IC/N/K LR 6:00 DANCING ON SCREEN RS LR	8 9:30 NAME THAT FACE W/NS/N LR 10:00 STRETCH & REFRESH W/NS/N LR 10:30 BALLOON VOLLEY W/NS/N LR 11:00 RHYME TIME W/NS/N LR 1:15 MULTIPLE CHOICE W/NS/N LR 2:00 BALL GAMES W/NS/N LR 2:30 TRIVIA TIME W/NS/N LR 3:00 HAPPY HOUR CRANBERRY WHIPPED FETA DIP WITH PITA CHIPS W/NS/N DR 4:00 BINGO W/NS/N LR 6:00 SOUNDS OF NATURE RS LR	9 9:30 WHAT WOULD YOU DO? W/R/T LR 10:00 FITNESS FUN & HYDRATE W/R/T LR 10:30 GUESSING GAME W/R/T LR 11:00 SIMON SAYS W/R/T LR 1:15 DANCE PARTY W/R/T LR 2:00 SONG LIST W/R/T LR 2:30 CHEER FITNESS W/R/T LR 3:00 HAPPY HOUR PIGS IN BLANKET W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 JAZZ MUSIC RS LR	10 HOLIDAY SCENES TRIP 9:30 HISTORIC EVENTS T/I/N LR 10:00 EXERCISE & REFRESH T/I/N LR 10:30 SHORT STORIES T/I/N LR 11:00 BOWLING T/I/N LR 1:15 HOLIDAY SCENES TRIP A/T O 1:15 A-Z VEGETABLES I/N LR 2:00 BALL TOSS I/N LR 2:30 FLOWER ARRANGING I/N LR 3:00 HAPPY HOUR ROOTBEER FLOATS I/N DR 4:00 BINGO T/I/N LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR	11 MARY PECK ENTERTAINMENT 9:30 HOT TOPICS DD/R/N LR 10:00 MOVE TO THE BEAT & HYDRATION STATION DD/R/N LR 10:30 CLUE TRIVIA DD/R/N LR 11:00 BALLOON TAP DD/R/N LR 1:30 MARY PECK ENTERTAINMENT VEN LR 2:30 MOVEMENT TO MUSIC DD/R/N LR 3:00 HAPPY HOUR RICE PUDDING WITH CINNAMON STICKS DD/R/N DR 4:00 DICE GAMES DD/R/N LR 6:00 SOOTHING MELODIES RS LR	12 9:30 PICTURE BOOKS W/DD/N LR 10:00 STRETCHING & REFRESHING W/DD/N LR 10:30 FUN FACTS W/DD/N LR 11:00 BASKETBALL SHOOTOUT W/DD/N LR 1:15 HOLIDAY KNOCK KNOCK JOKES W/DD/N LR 2:00 ROLL OF THE DICE W/DD/N LR 2:30 ANIMAL CHARADES W/DD/N LR 3:00 HAPPY HOUR APPLES & CAMEL W/DD/N DR 4:00 BINGO W/DD/N LR 6:00 GOLDEN OLDIES RS LR	13 9:30 MOVIE TALK W/RS LR 10:00 FITNESS FUN & HYDRATION W/RS LR 10:30 TRUE OR FALSE W/RS LR 11:00 HIDDEN OBJECTS W/RS LR 1:15 HOLIDAY SING A LONG W/RS LR 2:00 NOODLE TENNIS W/RS LR 2:30 FAMILY FEUD W/RS DR 3:00 HAPPY HOUR CRANBERRY & NUT MIX W/RS DR 4:00 DICE GAMES W/RS LR 6:00 MUSIC STYLINGS OF MICHAEL BUBLE RS LR
14 COMMUNION WITH JAMES/HOLIDAY CAROLING 9:30 A-Z ORANGE IC/N LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/N LR 10:00 TABLE GAMES IC/N LR 10:30 EXERCISE & REFRESH IC/N LR 11:00 HOOP TOSS IC/N LR 1:15 TRIVIA TEASERS IC/N/K LR 2:00 BALLOON VOLLEYBALL IC/N/K LR 2:30 HOLIDAY CAROLING W/CALVARY LUTHERAN VEN ELO 2:30 HAPPY HOUR SUNDAES IC/N/K DR 3:00 BINGO IC/N/K LR 4:00 MUSIC FOR THE SOUL RS LR	15 9:30 LETS TALK W/NS/N LR 10:00 MOVE TO THE BEAT & HYDRATION STATION W/NS/N LR 10:30 FAMOUS FACES W/NS/N LR 11:00 WORD SCRAMBLE W/NS/N LR 1:15 HOLIDAY GUESSING GAME W/NS/N LR 2:00 NOODLE TAP W/NS/N LR 2:30 JUMBO GAMES W/NS/N LR 3:00 HAPPY HOUR APPLESAUCE & PANCAKES W/NS/N DR 4:00 DICE GAMES W/NS/N LR 6:00 DANCING WITH THE STARS RS LR	16 HANUKKAH SERVICE 9:30 WHO DO YOU KNOW? W/R/T LR 10:00 STRETCHING & REFRESHING W/R/T LR 10:30 BALLOON VOLLEY W/R/T LR 11:00 PET THERAPY VEN LR 11:15 HANUKKAH SERVICE VEN W 1:15 MULTIPLE CHOICE W/R/T LR 2:00 BALL TOSS W/R/T LR 2:30 INSTRUMENT CHARADES W/R/T LR 3:00 HAPPY HOUR CORN NUGGETS W/R/T DR 4:00 BINGO W/R/T LR 6:00 SWEET MELODIES RS LR	17 HOLIDAY GIFTS & CAROLING W/LAB CRAFTERS AL 9:30 CHIT CHAT T/I/N LR 10:00 FITNESS FUN & HYDRATE T/I/N LR 10:30 SHORT STORIES T/I/N LR 11:00 WORD MATCH T/I/N LR 1:15 TRIVIA TIME T/I/N LR 2:00 BEAN BAG CHALLENGE T/I/N LR 2:30 HOLIDAY GIFTS & CAROLING W/LAB CRAFTERS AL VEN ELO 2:30 3 LETTER WORDS T/I/N LR 3:00 HAPPY HOUR ROOTBEER FLOATS T/I/N DR 4:00 DICE GAMES T/I/N LR 6:00 MUSIC MEDITATION RS LR	18 HOLIDAY PARTY AL 9:30 SIT AND TALK DD/R/N LR 10:00 EXERCISE & REFRESH DD/R/N LR 10:30 WORD CHALLENGE DD/R/N LR 11:00 BOWLING DD/R/N LR 1:15 A-Z ON YOUR HOLIDAY TREE DD/R/N LR 2:00 RING TOSS DD/R/N LR 2:30 FLOWER ARRANGING DD/R/N LR 3:00 HAPPY HOUR HOLIDAY SUGAR COOKIES DD/R/N DR 4:00 BINGO DD/R/N LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR 6:30 HOLIDAY PARTY AL RS EDR	19 YOGA CLASS W/RAY 9:30 YOU BE THE JUDGE W/DD/N LR 10:15 YOGA CLASS WITH RAY VEN LR 11:00 BALLOON VOLLEYBALL W/DD/N LR 1:15 HOLIDAY CRAFTING HOUR W/DD/N LR 2:00 TRIVIA CHALLENGE W/DD/N LR 2:30 MOVEMENT TO MUSIC W/DD/N LR 3:00 HAPPY HOUR WINTER BERRY PARFAIT W/DD/N DR 4:00 DICE GAMES W/DD/N LR 6:00 MUSIC HOUR RS LR	20 CAROLING VISITORS AL 9:00 BREAKFAST WITH SANTA VEN EDR 9:30 PICTURE BOOKS RS LR 10:00 STRETCHING & REFRESHING RS LR 10:30 FACT OR FICTION RS LR 11:00 BASKETBALL SHOOTOUT RS LR 1:15 FUNNY QUOTES RS LR 2:00 JUMBO GAMES RS LR 2:30 BALL GAMES RS LR 3:00 HAPPY HOUR CHEX MIX RS DR 4:00 BINGO RS LR 6:00 GOLDEN OLDIES RS LR 7:15 CAROLING VISITORS AL RS ELO
21 WINTER BEGINS 9:30 WINTER SCENES IC/N LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/N LR 10:00 TABLE GAMES IC/N LR 10:30 FITNESS FUN & HYDRATION IC/N LR 11:00 NAME 10 IC/N LR 1:15 WINTER PICTONARY IC/N/K LR 2:00 GUESSING GAME IC/N/K LR 2:30 WINTER CHARADES IC/N/K LR 3:00 HAPPY HOUR SUNDAES IC/N/K DR 4:00 DICE GAMES IC/N/K LR 6:00 MUSIC MONTAGE RS LR	22 ALEX ALEXANDER ENTERTAINMENT 9:30 WINTER WEATHER DISCUSSION W/NS/N LR 10:00 EXERCISE & REFRESH W/NS/N LR 10:30 MATCH GAME W/NS/N LR 11:00 MULTIPLE CHOICE W/NS/N LR 1:30 ALEX ALEXANDER ENTERTAINMENT VEN LR 2:00 BALLOON VOLLEYBALL W/NS/N LR 2:30 HIDDEN OBJECTS W/NS/N LR 3:00 HAPPY HOUR CHEESE DIP W/SOFT PRETZELS W/NS/N DR 4:00 BINGO W/NS/N LR 6:00 MARIAH CARREY HOLIDAY CONCERT RS LR	23 HOLIDAY 20 QUESTIONS 9:30 TABLE TALK W/R/T LR 10:00 MOVE TO THE BEAT & HYDRATION STATION W/R/T LR 10:30 FAMOUS FACES W/R/T LR 11:00 TOSS GAMES W/R/T LR 1:15 WORD CHALLENGE W/R/T LR 2:00 JUMBO GAMES W/R/T LR 2:30 HOLIDAY 20 QUESTIONS W/R/T LR 3:00 HAPPY HOUR MINI WREATH PIZZA BAGELS W/R/T DR 4:00 DICE GAMES W/R/T LR 6:00 MUSIC STYLINGS OF BURL IVES RS LR	24 TWAS THE NIGHT BEFORE CHRISTMAS 9:30 HOLIDAY PICTONARY T/I/N LR 10:00 STRETCHING & REFRESHING T/I/N LR 10:30 BALLOON VOLLEY T/I/N LR 11:00 HOLIDAY CRAYON CREATIONS T/I/N LR 1:15 KICK BALL T/I/N LR 2:00 FAMILY FEUD T/I/N LR 2:30 BALL GAMES T/I/N LR 3:00 HAPPY HOUR WARM CIDER & GINGER BREAD CAKE T/I/N DR 4:00 TWAS THE NIGHT BEFORE CHRISTMAS T/I/N LR 6:00 HOLIDAY FAVORITES RS LR	25 CHRISTMAS-PAJAMA DAY ALL DAY 9:30 HOLIDAY PICTONARY DD/R/N LR 10:00 FITNESS JINGLE DD/R/N LR 10:30 HOT COCOA CART/SNOWMAN SNACK DD/R/N LR 11:00 HOLIDAY SING A LONG DD/R/N LR 1:15 DANCE TO THE MUSIC DD/R/N LR 2:00 HOLIDAY WORDS DD/R/N LR 2:30 HOLIDAY HOOP TOSS DD/R/N LR 3:00 HAPPY HOUR WARM BROWNIES & PEPPERMINT COCOA DD/R/N DR 4:00 DICE GAMES DD/R/N LR 6:00 IT'S A WONDERFUL LIFE RS LR	26 9:30 MUSIC DISCUSSION W/DD/N LR 10:00 EXERCISE & REFRESH W/DD/N LR 10:30 TONGUE TWISTERS W/DD/N LR 11:00 BOWLING W/DD/N LR 1:15 A-Z WINTER W/DD/N LR 2:00 BALL TOSS W/DD/N LR 2:30 FLOWER ARRANGING W/DD/N LR 3:00 HAPPY HOUR GINGERBREAD DIP & NILLA WAFERS W/DD/N DR 4:00 BINGO W/DD/N LR 6:00 MUSIC THAT MAKES YOU SMILE RS LR	27 9:30 CURRENT EVENTS RS LR 10:00 MOVE TO THE BEAT & HYDRATION STATION RS LR 10:30 TRIVIA TEASERS RS LR 11:00 BALLOON VOLLEYBALL RS LR 1:15 RING TOSS RS LR 2:00 RHYTHM WITH INSTRUMENTS RS LR 2:30 CHAIR EXERCISE RS LR 3:00 HAPPY HOUR CHEESE-ITZ RS DR 4:00 DICE GAMES RS LR 6:00 SOOTHING MELODIES RS LR
28 COMMUNION WITH JAMES AL 9:30 PICTURE BOOKS IC/N LR 9:30 COMMUNION WITH JAMES AL VEN EG 10:00 CATHOLIC MASS ON TV IC/N LR 10:00 TABLE GAMES IC/N LR 10:30 STRETCHING & REFRESHING IC/N LR 11:00 BALLOON VOLLEYBALL IC/N LR 1:15 NAME THAT TUNE IC/N/K LR 2:00 MINI GOLF IC/N/K LR 2:30 NAME 10 IC/N/K LR 3:00 HAPPY HOUR SUNDAES IC/N/K DR 4:00 BINGO IC/N/K LR 6:00 EASY LISTENING RS LR	29 THE ART OF MEDITATION W/RAY TORRES AL 9:30 CHIT CHAT W/NS/N LR 10:00 FITNESS FUN & HYDRATION W/NS/N LR 10:30 NAME THAT SOUND W/NS/N LR 11:00 BELIEVE IT OR NOT W/NS/N LR 1:15 ROLL OF THE DICE W/NS/N LR 2:00 THE ART OF MEDITATION W/RAY TORRES AL VEN EG 2:00 SCATERGORIES W/NS/N LR 2:30 MOVE TO THE MUSIC W/NS/N DR 3:00 HAPPY HOUR CHIPS & SALSA W/NS/N DR 4:00 DICE GAMES W/NS/N LR 6:00 MUSIC MONTAGE RS LR	30 9:30 NEWS CHAT W/R/T LR 10:00 EXERCISE & REFRESH W/R/T LR 10:30 MATCH GAME W/R/T LR 11:00 MULTIPLE CHOICE W/R/T LR 1:15 FILL IN THE BLANK W/R/T LR 2:00 BALLOON VOLLEYBALL W/R/T LR 2:30 HIDDEN OBJECTS W/R/T LR 3:00 HAPPY HOUR TATER TOTS W/R/T DR 4:00 BINGO W/R/T LR 6:00 CELEBRATION SONGS RS LR	31 NEW YEARS EVE CELEBRATION 9:30 2025 REVIEW T/I/N LR 10:00 MOVE TO THE BEAT & HYDRATION STATION T/I/N LR 10:30 WHO AM I? T/I/N LR 11:00 TOSS GAMES T/I/N LR 1:15 WORD CHALLENGE T/I/N LR 2:00 FLOATING BALLOONS T/I/N LR 2:30 NEW YEARS EVE CELEBRATION T/I/N LR 3:00 HAPPY HOUR SNOWBALL FLOATS T/I/N DR 4:00 DICE GAMES T/I/N LR 6:00 NEW YORK TIMES SQUARE RS LR	 <div style="display: flex; justify-content: space-between;"> <div data-bbox="2253 1632 2439 1975"> <p>STAFF KEY V=Valerie Director D=Denzel I=Isabella W=Wilfred DD=Danielle D K=Keara A=Anne R=Rahat T=Tatiana VEN=Vender RS=Recreation Staff RL=Resident Lead</p> </div> <div data-bbox="2439 1632 2657 1975"> <p>LOCATION KEY O-Outing B-Bistro P-Patio LR-Living Room DR-Dining Room ELO-East Lobby PDR-Private Dining Room W-West Side EM-East Media Room ECY=East Court Yard EG=East Game Room</p> </div> <div data-bbox="2657 1632 3061 1975"> <p>FOR YOUR DINING PLEASURE Breakfast 8am-9pm Lunch 12pm-1pm Dinner 5pm-6pm</p> <p>All programs are subject to change. All changes will be reflected on the Daily Board.</p> <p>Your Director Valerie will be happy to answer any questions you may have regarding this calendar.</p> </div> </div>		